



The Sandbag Series
2-Hour Training Lab

Presented by:



The Sandbag Series: 2-hour Training Lab

Course Agenda:

- Introduction to the Sandbag Series (15 minutes)
 - Purpose of the Sandbag Series
 - Setting up the workout regimen
- Practical Lab #1: Introduction to new NOFFS movements
- Practical Lab #2: Sandbag Series Workout
Phase 2, Workout A, Stage A, 45 minutes

Attendees: Active-Duty, Dependents, DoD Civilians

Pre-Requisites: NOFFS Operational Training (highly recommended, but not required)

Equipment Needed: Sandbags, Stopwatch

Instructor qualifications: NOFFS certified, Completion of NOFFS Virtual Training Course

Introduction to the Sandbag Series:

- Using The Sandbag Series handout provided, give basic overview of the program, including workout and training regimen layout.

Practical Lab #1: Introduction to new NOFFS movements:

- Teach new movements provided in Practical Applications worksheet
- Additional movements may be taught if time allows
- Ensure proper alignment, execution, and movement patterns for each new movement

Practical Lab #2: Sandbag Series Workout

- Teach Phase 2, Workout A, Stage A, 45 minute workout in the Sandbag Series (see Sandbag Series book or download at www.navyfitness.org)

Post-Course Action: Provide attendance numbers and feedback (if available) to CNIC.

Navy Operational Fitness and Fueling System:

The Sandbag Series Overview

The Sandbag Series provides you with a training plan that develops the raw strength and power needed to meet the performance demands placed upon you in any environment. This series progresses through three phases of training: Build Your Base, Gain Muscle, and Get Powerful. Each phase builds upon the work completed in the previous phase and preparing you for what's to come.

Phase 1 - Build Your Base: A strong and solid base fitness level will be built utilizing a sandbag for resistance. For individuals that have never used sandbags before, you will quickly learn the challenges of lifting a mass that shifts as they move.

Phase 2- Gain Muscle: Builds lean muscle mass and increases workout capacity through the use of higher sets and repetitions.

Phase 3 - Get Powerful: Movements will become more explosive therefore developing the power necessary for immediate bursts of energy often required in operational environments.

How to Set Up Your Schedule

1. Each phase in this series has 2 training days, Workout A and Workout B.
2. Complete 3 to 4 training sessions per week, alternating between Workout A and Workout B.
3. Aim for no more than 2 consecutive training days each week. For example, if you do Workout A on Monday and Workout B on Tuesday, Wednesday should be a recovery day.
4. Add a recovery day to break up more than 2 consecutive training days and give your body the rest it needs to perform more efficiently. Recovery days can include a combination of light activity, stretching, low-intensity cardio, and massage.

Workout Duration

Each workout has three duration options: 30 minutes, 45 minutes, 60 minutes

If the movements in these workouts are new to you, it may take longer than the duration specified to complete your workouts. As you become familiar with the movements, you will be able to complete them in the allotted time.



How the Stages Work:




Each phase in the Endurance Series has 3 progressive stages across Pillar Prep, Movement Prep, and Strength. As you advance through the stages, you will notice that the repetitions, time, or number of circuits you perform may change. Advance to the next stage of training after every 4 workouts-this means after you have completed Workout A and Workout B twice (ABAB). Once you complete the final stage in the phase, progress to the next phase.




SAMPLE 3-WEEK SCHEDULE




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A	Workout B	Recovery	Workout A	Workout B	Rest or light activity	Rest or light activity
Workout A	Rest or light activity	Workout B	Rest or light activity	Workout A	Rest or light activity	Rest or light activity
Workout B	Rest or light activity	Workout A	Workout B	Recovery	Rest or light activity	Workout A





Navy Operational Fitness and Fueling System Practical Applications: The Sandbag Series




Exercise:	Description:	Picture
Scapular Push-ups- Tripod (Sandbag)	<ul style="list-style-type: none"> • Start on hands and knees with one arm behind your back and a sandbag on your back • Push into the floor to press chest away from the ground • Lower back to the starting position • Complete the set on one side before repeating on opposite arm 	
Back Squat- Sandbag	<ul style="list-style-type: none"> • Stand with a sandbag across the back of your shoulders • Squat back and down until your thighs are close to parallel to the floor • Push through your hips to return to a standing position • Keep your chest up and back flat throughout the movement 	

<p>Hang Clean- Sandbag</p>	<ul style="list-style-type: none"> • Stand holding sandbag with palms facing in, arms straight down • Squat down and lower the bag just below knees • Explosively stand and rapidly shrug shoulders up • Drive elbows forward and catch bag across front of shoulders as you land in partial squat • Stabilize, stand up, and lower sandbag to starting position 	
<p>Push-Up – 1 Leg Alternating Sandbag</p>	<ul style="list-style-type: none"> • Start in a push-up position with a sandbag on your back • Keeping torso stable and hips square, lift a foot 6 inches off the ground • Lower chest toward the ground and then push back up • Repeat with opposite leg to complete 1 rep 	
<p>Plank w/ Leg Lift Sandbag</p>	<ul style="list-style-type: none"> • Start in a push-up position with a sandbag on your back • Maintain a straight line from ankles to head • Lift one leg into the air, hold for 2 seconds, and lower it back down 	

	<ul style="list-style-type: none"> • Repeat with opposite leg to complete 1 rep 	
<p>Squat to Overhead Press- Alternating Shoulder Sandbag</p>	<ul style="list-style-type: none"> • Stand holding a sandbag draped across one shoulder with palms facing each other • Squat back and down until thighs are parallel to floor • Stand and press sandbag overhead • Lower sandbag to opposite shoulder and repeat 	
<p>Overhead Press- Split Stance Handbag</p>	<ul style="list-style-type: none"> • Start in a low split stance with back knee just off the floor, holding a sandbag in front of shoulders, palms facing each other • Keeping legs and torso stable, press the sandbag overhead • Lower it back to the starting position 	

<p>Bent Over Fly – Alternating Sandbag</p>	<ul style="list-style-type: none"> • Bend at the waist holding a sandbag by each end, arms hanging down • Raise one arm out to your side while opposite arm come across your body • Lower the sandbag down and repeat in the opposite direction • Continue alternating to complete the set 	
<p>Bent Over Row- 1 Arm Sandbag (3pt Isohold)</p>	<ul style="list-style-type: none"> • Bend at the waist with a sandbag in one hand, opposite arm to the side • Lift the sandbag to your chest and hold for 5 seconds • Lower the bag halfway and hold for 5 seconds • Lower the bag to the bottom and hold for 5 seconds to complete one rep 	
<p>Bent Over Row – High Alternating Sandbag</p>	<ul style="list-style-type: none"> • Bend at the waist holding a sandbag at your chest • Lower one arm until it is straight and then lift it back up • Repeat with opposite arm and continue alternating to complete the set 	

		
<p>Swing - Sandbag</p>	<ul style="list-style-type: none"> • Bend at the waist holding a sandbag between legs • Using hips to generate force, stand up and swing sandbag straight in front of shoulders • Allow the sandbag to swing back to starting position immediately begin next rep 	
<p>Rotational Squat</p>	<ul style="list-style-type: none"> • Stand with a sandbag draped across back of your shoulders, supporting it with your hands • Rotate shoulders and hips to one side as you squat back and down • Push through hips and return to starting position • Repeat in opposite direction to complete 1 rep 	
<p>Rotational Squat to Shuffle Step-Sandbag</p>	<ul style="list-style-type: none"> • Stand with a sandbag draped across back of your shoulders, supporting it with your hands • Rotate shoulders and hips to one side as you squat back and down • In one continuous motion, stand, rotate through the starting position, and take a "shuffle step" 	

	<p>away</p> <ul style="list-style-type: none"> Without pausing, repeat the move in the opposite direction to complete 1 rep 	
<p>Lateral Lunge w/ Swing- Alt Sandbag</p>	<ul style="list-style-type: none"> Stand holding a sandbag so it hangs in front of your body, pointing forward Step to one side and squat down with the stepping leg, keeping the other straight as the sandbag swings between legs Drive hips forward, return to the starting position, and swing the sandbag straight out in front of you Repeat in the opposite direction to complete 1 rep 	 
<p>Resisted Walk- 1 Arm Sandbag</p>	<ul style="list-style-type: none"> Stand tall holding a sandbag on one side Walk for the prescribed distance Do not sway side-to-side and hold sandbag in opposite hand for subsequent sets 	